



Glanmire Area News

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Critical Care Transport Trolley for Mercy Hospital

Mercy University Hospital Foundation funds Critical Care Transport Trolley to enhance safety and comfort of critically ill patients.

The Mercy University Hospital has welcomed the introduction of a state-of-the-art Critical Care Transport Trolley designed to ensure the safe and efficient transfer of critically ill patients.

Funded by the Mercy University Hospital Foundation at a cost of €59,214, the trolley and related equipment can be configured to meet the varying clinical needs of patients.



...continued on page 5

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If I can be of assistance to you or your family please do not hesitate to contact me

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October meeting

Budget Breakfast Briefing

The Budget Breakfast Briefing was hosted in The Barn restaurant. Frances Hegarty Accountant gave a presentation about the 2024 Budget and it's impact on businesses.

Members enjoyed a delicious breakfast in the newly renovated section of the restaurant.



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Critical Care Transport Trolley for Mercy Hospital



Mercy University Hospital Foundation funds Critical Care Transport Trolley to enhance safety and comfort of critically ill patients

... continued from page 1

Critically ill patients are transferred from 'The Mercy' on an emergency basis to critical care specialist centres and hospitals, both locally and nationally. With the new equipment in place, these emergency transfers, coordinated with the National Ambulance Service, will be safer and more timely, while maintaining the high standard of care needed during critical interventions. Previously, the hospital relied on borrowing similar equipment for such transfers.

Eoin Cahill, CNM3 Critical Care, Mercy University Hospital explained the significance of the new equipment: *"When transporting critically ill patients, every second counts. The addition of the Critical Care Transport Trolley will expedite the safe transfer of our critically ill patients to where they need to be, as quickly as possible. Time is critical in these situations, and this new equipment ensures patient safety remains our top priority."*

Speaking on behalf of the Mercy University Hospital Foundation, Deirdre Finn, Head of Fundraising and Interim CEO said *"Funding the Critical Care Transport Trolley aligns with the Foundation's ongoing commitment to investing in the latest technology and equipment to improve patient experience at 'The Mercy', and we would like to thank our donors, who make investments like this possible."*

For more information this and other projects and equipment funded by the Mercy University Hospital Foundation, visit www.mercyhospitalfoundation.ie.

EMBRACE THE SEASON

Cosy Crafts for November

As November settles in, the days grow shorter, the air turns cooler, and the anticipation of winter begins. It's the perfect time to embrace the quiet, reflective nature of the season with cosy crafts that bring warmth and creativity to your home. Whether you're preparing for the festive season or simply looking for comforting projects to enjoy indoors, these November crafts will help you make the most of this transitional time.

DIY Advent Calendars

Get a head start on the festive season by creating your own advent calendar. Use small envelopes, fabric pouches, or tiny boxes to hold treats or daily surprises. Hang them on a string or display them on a board, decorating each with numbers and festive designs. You can fill the calendar with anything from sweets and chocolates to mini crafts, quotes, or even acts of kindness.

Autumnal Table Runner

Create a cosy atmosphere at your dining table with a handmade table runner in rich autumn tones. Use fabrics like linen, burlap, or cotton in shades of rust, burgundy, and burnt orange. You can add decorative touches like hand-stitched leaves or stamped designs using fabric paint. This craft is ideal for bringing warmth to your November dinners and gatherings as you prepare for the festive season.

Scented Simmer Pots

Fill your home with the comforting scents of autumn and winter by making your own scented simmer pots. Gather ingredients like cinnamon sticks, doves, orange peel, and cranberries, and place them in a pot of water. Simmer gently on the stove to release a warm, fragrant aroma throughout your home. This is a simple yet effective way to make your space feel extra cosy as November progresses.

Quilted Coasters

If you're looking for a smaller sewing project, try making quilted coasters. Use leftover fabric scraps in rich autumn colours and patterns to create these practical yet stylish additions to your home. Sew the fabric into simple squares and add a layer of batting for extra thickness. Quilted coasters not only protect your furniture but also add a handmade, cosy touch to your space.

Hand-Stitched Felt Ornaments

November is the ideal time to begin crafting handmade ornaments for the upcoming holiday season. Cut out festive shapes like stars, snowflakes, or woodland creatures from felt, and sew them together using a simple running stitch. Add embellishments like beads, buttons, or embroidery, and finish with a ribbon loop for hanging. These ornaments can be personalised and make beautiful handmade gifts. Don't underestimate the sentimental value of a handmade ornament.

Upcycled Sweater Mittens

Repurpose an old sweater by turning it into cosy mittens. Simply trace your hand on the sweater fabric, cut out two pieces per hand, and sew them together, leaving the wrist open. You can embellish the mittens with buttons or embroidery for extra charm. This is a great way to give new life to old knitwear while staying warm in November's chill.

Visit a Craft Market

As November rolls in, craft markets across the Ireland come alive with holiday cheer, offering the perfect opportunity to find unique, handmade treasures while supporting local makers. Visiting a craft market can be a wonderful way to embrace the festive spirit and to pick up a few one-of-a-kind gifts for friends and family. Look for markets near you, such as the Glanmire Craft Market in St Joseph's Church Hall. You'll find everything from hand-knitted scarves and artisanal candles to beautifully crafted home decor, jewellery, Christmas cards and festive ornaments.

November is the perfect time to slow down, enjoy the comfort of home, and dive into cosy craft projects that reflect the beauty of the season. These DIY ideas will help you make the most of the month. So, gather your supplies, light a candle, and enjoy some crafting as you prepare for the colder days ahead.



© JolliPop Illustration
© Glanmire Craft Market Rita Casey



CRAFTING MAGIC

Festive DIY Ideas for December

December brings the festive season, and what better way to celebrate than by diving into some creative, seasonal crafting? Whether you're making handmade gifts, decking the halls, or simply embracing the cosy atmosphere, these December craft ideas will fill your home with warmth and cheer. From twinkling decorations to thoughtful presents, here are some fun and easy crafts to enjoy this month.

DIY Christmas Crackers

Make your holiday table pop with homemade Christmas crackers. Use kitchen paper rolls as the base, wrap them in festive paper, and tie the ends with ribbon. Fill them with small gifts, jokes, and sweets. You can even add personalised name tags for each guest, making them both decorative and thoughtful.

Modifications:

Reusable - If you are handy with a needle and thread, you could make them more eco friendly by wrapping them in festive fabric. You can use velcro to attach the end parts to the body of the cracker. There are many wonderful free tutorials online for this style of cracker.

Crack & Snap - you can buy Cracker Snaps online to add to the crackers if the sound is a must for your crackers.

DIY Wrapping Paper

Add a personal touch to your gifts by creating your own wrapping paper. Use plain brown kraft paper and decorate it with stamps, hand-painted designs, or even potato prints in festive shapes like stars, snowflakes, or trees. This eco-friendly wrapping paper is not only unique but also a fun way to add a handmade element to your holiday presents. This is a big favourite in our house, me and my little girl have a great time decorating wrapping paper. It is a great craft for any age.

Wintery Pom-Pom Garlands

Create a cosy garland using soft, fluffy pom-poms in wintery shades of white, grey, and blue. Use a pom-pom maker or make them by wrapping some wool around a cardboard circle. Once you've made enough, string them together with a needle and thread to create a festive decoration to hang on your mantel or across a window

Fabric Gift Bags

Create reusable fabric gift bags for your holiday presents. Sew simple drawstring bags from festive fabric scraps, and decorate them with ribbons, embroidery, or iron-on patches. These bags are eco-friendly and can be reused year after year, making them both practical and beautiful.

Painted Wooden Christmas Signs

Decorate your home with personalised wooden Christmas signs. Use reclaimed wood or craft store plaques and paint festive sayings like "Merry Christmas" or "Let It Snow." You can embellish the signs with holly leaves, snowflakes, or glitter for extra sparkle. These signs are perfect for indoor or outdoor decor and make great gifts, too

Paper Christmas Village

Design an intricate or simple paper Christmas village using cardstock or paper. Cut out simple house shapes, and fold and glue them together. Add details like windows, doors, and snow on the roofs using paint or markers. Arrange the village on a table or shelf, and light it up with small LED tea lights to create a magical, miniature winter scene. You could make a really nice "shadow box" frame artwork out of this craft idea.

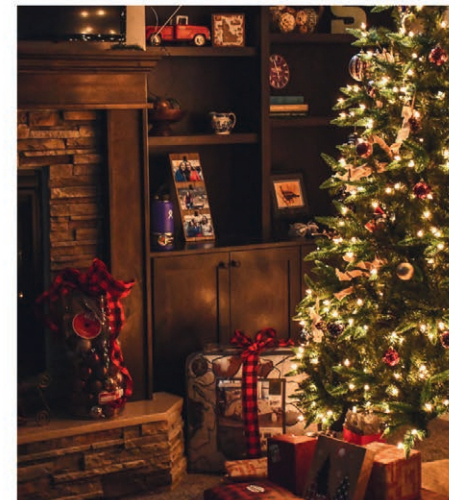
December is the perfect time to let your creativity shine with festive crafts that add warmth, charm, and personal touches to your holiday celebrations. From handmade decorations to thoughtful gifts, these crafts will fill your home with joy and festive cheer. So gather your supplies, put on some holiday music, and dive into the magic of crafting this December!

From my family to yours, wishing you all the most magical Christmas time and happiest of New Years.

Rita, Brian & Poppy xx



Instagram icons followed by: JolliPop Illustration, Glanmire Craft Market Rita Casey



BUSINESS TIPS TO PREVENT TEAM REDUNDANCIES



www.bbcs.ie



Many businesses face rising labour and energy costs. Redundancies, though tempting to cut expenses, can harm profitability, productivity, and staff morale. Without a strategic approach, your business's future success could be at risk.

Before making redundancies, consider these strategies to maintain financial health, improve efficiency, and support your employees:

1. Conduct a Business Review

A full review helps identify inefficiencies and cost-saving opportunities across operations, finance, and sales. Strategic planning, operational reviews, and financial assessments are key to improving cash flow without staff cuts.

2. Cost Management

Before reducing headcount, look for savings:

- Renegotiate with suppliers
- Cut non-essential spending
- Implement energy efficiency measures

3. Optimise Processes

Streamline processes to reduce costs using:

- Automation tools
- Cross-training staff

4. Boost Revenue

Rather than cutting costs, explore ways to increase income:

- Update sales and marketing
- Introduce new products/services
- Upsell and cross-sell to existing customers.

5. Financial Restructuring

Free up cash by:

- Refinancing debt
- Leasing equipment
- Improving debt collection

6. Flexible Work Options

Offer remote work, job-sharing, or reduced hours to lower costs and improve staff satisfaction.

7. Outsourcing & Partnerships

Outsource non-core activities and form strategic alliances to share resources.

8 Enhance Customer Retention

Focus on retaining existing customers with improved service, loyalty programmes, and customer feedback.

9. Revisit Business Strategy

Regularly reassess your strategy and adapt to changing market conditions, discontinuing underperforming areas if necessary.

By taking proactive steps, you can avoid redundancies while positioning your business for long-term success.

Claim your free business review by emailing hello@bbcs.ie with the subject line 'Glanmire News Business Review'

Glounthaune Christmas Craft Fair



Glounthaune Christmas Craft Fair proving to be an annual tradition!

Glounthaune Village Community Centre, November 30th 11-5pm

Looking for stress free, sustainable ways to do your Christmas shopping while supporting local producers and crafters?

Look no further than Glounthaune! Hosting the successful Upstart Music Festival in September, Glounthaune Community Association brings you its Christmas Craft fair, Saturday November 30th from 11am in Glounthaune Community Centre.

In its fourth year running, this mini craft fair is proving to be a draw to those interested in craft near and far, as well as an opportunity to create some family traditions. Set in the heart of Glounthaune village, adjacent to the Rising Tide pub and Glounthaune Children's playground and sensory playground, the location is a day out in itself.

There will be over 20 stalls, selling everything from Jams to Jewellery, Candles to Cardigans, Ceramics to Chutneys, Tea to Textiles, Wreaths to Wraps and much much more.

"There are so many talented crafts people in our community, who are struggling in this climate to find an outlet for their work. So, let's reduce our carbon footprint by giving the multinational online and high-street vendors and their delivery drivers a break! Walk,

cycle, train or bus yourself to Glounthaune, and enjoy the Christmas shopping experience" enthused Kate Cuddy, event organiser.

Local business Nom Nom Café will be there to warm you up with a coffee, tea or a hot chocolate and Fitzpatrick's Shop are kindly donating some of their sweet treats to sell at the charity cake sale stall. All can be consumed in comfort, in a heated Marquee while you soak up the atmosphere with local choirs providing festive entertainment.

Entry to this craft fair is free but visitors are encouraged to bring some cash as not all stall holders will have card facilities. No fundraiser would be complete without a raffle of course. So, spot prizes will be drawn throughout the day for a little extra buzz. In true community spirit all proceeds from the day will be split between Glounthaune Community Association for the upkeep of the community hall and Cork Simon Community.

Organizers say parking will be very limited in the village area and visitors are encouraged to walk and use public transport wherever possible.

More information available from the Glounthaune Community Association Facebook page, www.glounthaune.ie or admin@glounthaune.ie.

AUTUMN STYLE

Lynda Di Blasi

IMAGE CONSULTANT, PERSONAL STYLIST, PERSONAL SHOPPER www.lyndadiblasie.ie

Don't you just love this time of year, the golden red shades appearing in the trees swell as looking idyllic they can offer us such colour combinations we can introduce to our outfits. Look at the blends of red, brown and gold. All blending beautifully resulting in such warmth and richness. I hope to give you some cosy classic style inspiration for your autumnal dressing.

This season's autumnal obsession is the barn jacket. What exactly is a barn jacket you may ask? Its a modern twist on the classic wax jacket that we have grown to love, featured heavily in royal family photographs. Many of you may have owned a wax jacket previously. Made fashionable for many years by well known brands such as Barbour.

BOOT SEASON

Let's start with footwear. Tall high leather or faux leather boots return year after year. Very practical and versatile, worn under a long skirt, with a polo neck or over jeans for outdoor activities. A block heel or wedge sole gives us a

slight elevation as-well as improving our posture.

Cashmere socks worn inside will guarantee warmth. Enjoy the month ahead and wear an outfit that makes you smile.

BARN JACKET

Practical while stylish. Their versatility means they will pair well with existing pieces in your wardrobe. Featuring a corduroy collar or leather collar, large



front pockets and a button snap closure. Originally designed for farmers and outdoor workers.

There are many style combination this style jacket will complement. A burgundy polo neck, straight leg jeans and trainers for a smart day look. A knitted dress,



wedge high boots would be an easy to wear outfit for that Sunday pub lunch. If you are venturing to a point-to-point race day, pop a tweed blazer underneath for extra warmth and a fedora hat will complete your equestrian look.

If you are time short but would like to elevate your autumn winter outfits book a personal shopping session. Contact me on the details below. Enjoy the month ahead and wear an outfit that makes you smile.

Contact me on: **086-2599539** if you would like to discuss any of the following style, make up, color analysis and personal one to one shopping.

E-mail: lyndadiblasie@yahoo.com.

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Lynda Di Blasi

The Ballinoe Ambush

Fiona Forde
www.irishfamilydetective.ie

The Ballinoe Ambush, Upper Glanmire, 31 July 1920

The Irish Free State was achieved following a bitter guerrilla war which began in January 1919 and ended, following a ceasefire, in July 1921. White's Cross, Upper Glanmire played a pivotal role in the War of Independence in Cork. Its strategic location at the confluence of four roads near Cork City made it an ideal location for many of the activities of the Cork Brigade. Moreover, with the closure of the RIC hut in Kilbarry, the closest barracks was five kilometres away in Blackpool and given the abundance of open countryside evading capture was a very strong likelihood, this is the story of one such event.

According to Pa Murray, a member of the Blackpool IRA, it was known to the members of F Company that at least one British Army lorry left the city every Saturday morning before 9 am, and travelled twenty miles to Fermoy, delivering the military mails. The Blackpool Volunteers, under Con Twomey, had the lorry under surveillance during July, observing the route, the number of British soldiers, and the timeline of the journey. Due to a lack of arms and ammunition, Twomey requested assistance from Tom Crofts' B Company and Patrick Murray's C Company. The night before the planned action, the Volunteers met at 49 Thomas Davis Street, Cork, the home of Peg Duggan, a member of Cumann na mBan, where they prepared for the ambush 'at a very sequestered spot on the road, known as New Line, one mile from White's Cross'.

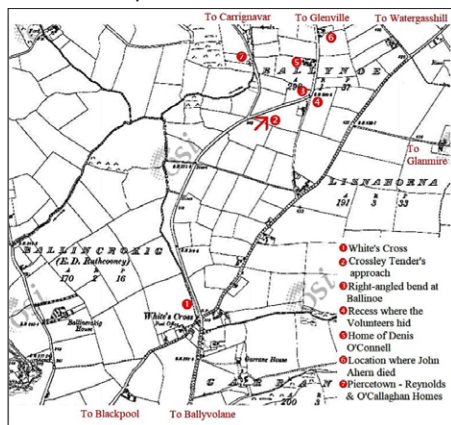


Figure 1: Map of the ambush at Ballinoe.

The morning of 31 July 1920 dawned with the promise of moderate temperatures and fine intervals, the Volunteers took up position behind the roadside and waited 'where there is a little recess in the wide sweeping roadway about a mile up from White's Cross.' The attack was planned at Ballinoe, beyond the narrow by-road leading to Carrignavar through Piercetown, 100 yards from the cross, and the place well wooded with shrubs on the fences,

right around to the farm owned by the O'Connell family.

At about 9.45am 'the solitude of the prettily endowed country at Ballinoe' was disturbed when a convoy, comprising a Crossley tender preceded by a motor cyclist, navigated the sharp turn left and 'a bomb was thrown into the car from behind the stone wall. Up to this time the attackers had not been observed, but immediately when the bomb exploded, they lined the wall, and opened fire with rifles, revolvers, and shot guns.' The Volunteers had thought that the car would run straight where it would come under fire from men on the opposite side of the road. There were two drivers, however, and the second man brought the lorry completely round the right angled bend.

Although the bomb had injured four of the nine soldiers in the tender, the vehicle also had a Lewis machine gun, which was used to fire at least a thousand rounds. Realising that capture or death was imminent, the Volunteers ran across corn fields, taking cover behind banks, and 'from this point the action developed into desultory firing, which gradually died away.' The Irish Independent reported that 'two old rifles, 5 revolvers of German make, and some ammunition, including bombs and bullets, and about 15 tweed caps' were found where the Volunteers had lain in wait for the military convoy.

Crown forces conducted a thorough search of the area, convinced that the Volunteers could not have escaped the wrath of the machine gun. Their efforts were futile as the men had disappeared although one of them had been injured. The *Cork Examiner* printed an extensive narrative of events, including the experiences of the residents:

there are not many houses in the district, but the few there are [sic] bear traces of the intensity of the fusillade which followed the attack on the lorry. There is a double cottage two fields away from the scene of the attack, and the occupants of both had remarkable escapes. The tenant of one, Mrs Reynolds, was sewing at a table in the bedroom when the fire opened.

Four of the Reynolds children were in bed and the youngest, a baby, was playing on the floor. Bullets began whizzing through the air, one struck the bed and became lodged in the wall, but the family emerged unscathed; the adjoining cottage, the home of the O'Callaghan family, also came under attack.

The house adjacent to the ambush, the home of Denis O'Connell, also came under fire. Mr O'Connell was getting ready to travel to Cork City when the quiet sounds of the summer morning were replaced with

THE HOLD-UP AT BALLINOE CROSS, CO. CORK.



Figure 2: Contemporary view of the scene of the Ballinoe ambush.

the smell of explosives and the cacophony of gunfire. Bullets hit the house and a bomb exploded near the front door. The barrage was evident when Mr O'Connell discovered broken windows, damaged furniture and milk churns riddled with bullets and shrapnel. His wife and nine children escaped injury, but the ferocity of the attack left a material impact on another family from Upper Glanmire.

The *Cork Examiner* correspondent reported that he had discovered blood stains, where John Ahern, veteran of the Boer War and the Great War, was shot. The victim lived with his mother, Ellen, and his sister Nora, at Sullivan's Corner, Coole East, approximately one mile north of the ambush location. Mr Ahern was travelling to the city when he walked into the line of fire and his body was discovered close to the home of 'Polly Connell' where the Volunteers had earlier placed a 'barricade of carts and other obstructions'.

The British soldiers, not finding the ambushers, arrested several local men including Tom O'Connell, the Murphy brothers Barry and Ned, and their employee Patrick Collins (Paddy the Groom). They were brought to Victoria (Collins) Barracks but were released after a few days when 'Brian the Butcher' (who delivered animal carcasses to the barracks) verified that they were not members of the IRA. Locally, John Ahern was laid to rest in Grenagh, the ambushers remained at large and five soldiers of the Lincolnshire Regiment returned to their quarters and recovered from their injuries. Later, they claimed compensation and were awarded almost £4,000 at the Cork Quarter Sessions, 15 October 1920.

Although the ambush did not achieve the main objective, the capture of arms, it did succeed in demoralising the enemy. Less than a year later, Colonel Sir Hugh Elles observed that the British Army in Ireland was besieged, yet the locals moved when, where and by whatever route they wished. Shortly after, a ceasefire was proclaimed on 11 July 1921 although peace did not last long with the outbreak of civil war on the horizon. Check in next month for details of this period of Glanmire's history.

November is still a very busy month in the garden. It is the best month for planning ahead for what you would like to do next year.

It is also a great time to check over any structures in the garden, like sheds or raised beds and make any necessary repairs. As regards sheds, sometimes they can be a bit of an eyesore in winter, so maybe a lick of paint will help to brighten them up.

This is also an ideal time to check over all the garden tools, and give them a good cleaning and oiling. Lawnmowers should be cleaned of all old grass or debris and stored in a dry area for the winter. If needs be, sent in for a servicing so you are ahead of the game next season.



As regards planning for next season, have a walk around the garden, and see if you would like to add any new trees or maybe some hedges in the garden.

One of the best things about hedging is that you can create "rooms" within your garden space. You could have a fruit "room" and then have a flower "room", which you may want to use for cutting, and bringing indoors. It is up to you what you wish to do.

November is the start of the bare root season, and all this means is that you can buy plants or trees without any pots. The advantage of this is that they are a lot cheaper than potted plants. The disadvantage of this, is that the plants or trees have to be planted as soon as you get them home, or at the very least they should be heeled in or they will dry out and perish. There is a wide selection of trees and hedging available from your local nursery or garden centre. Make sure you get plants that suit your garden and that will not take over.

This is also a great month for planning and planting a fruit garden. All fruit trees Apples, Plums, Pears, Cherries etc can be bought bare rooted, as well as soft fruits Raspberries, Blackcurrants, Gooseberries etc. Once again planning is essential. Ideally you should have the site ready to plant into as soon as you receive your plants.

Only grow the fruit that you like and the space you have. For small gardens or even no garden, you can grow fruit like Strawberries in a large pot, and even some small Apple trees can be kept in a container all season.

Even though November can be a wet and windy month, there will always be a window in the



weather where you can go out and enjoy the garden. Always remember to leave a seat out.

Jobs for November

1. Rake up all remaining leaves from the garden, but maybe leave a small pile in a corner of the garden for wildlife like hedgehogs to over winter in.
2. Clean garden tools and machinery and store in a dry area.
3. Wash and store away any patio furniture.
4. Pick up any rotten fruit as these may carry pests and diseases onto next years crops.
5. Clean up vegetable beds, and remove any vegetables that may be starting to go off. Also, any bare soil in the vegetable beds should be covered with a mulch to protect the soil from leaching in the winter rain.
6. Stake any plants that may need support from the winter storms.
7. Mulch flower beds with any organic composts that you may have, to protect the soil and also to increase soil life in the beds. Do not be in too much of a hurry to clean up the beds as some wildlife will feed on the old seed heads of the plants.

Chris Troy

Glashaboy Flood Relief Scheme

SORENSEN

Hazelwood Road and Shopping Centre

- Please note that the four-way traffic management system in place at Hazelwood junction will be removed today (18th October) at 5.30pm.
- Work will continue next week on Hazelwood Road, opposite the river.
- The stop/go traffic management system will resume so please allow for extra time on your journey.
- We would like to thank all residents, shoppers and businesses in the area for their patience and cooperation.

New Line & Copper Valley Vue

- Work is continuing in preparation for the installation of the new bridge at Copper Valley Vue and culvert at Brooklodge.
- The temporary bridge will be in operation until November 2024.
- The L-2964 New Line Road, Brooklodge East Road will be fully closed until November 2024 with a three-way traffic management system in place to divert traffic from the L-2964 New Line Road.
- This is outlined in **BLUE** in the below diagram.

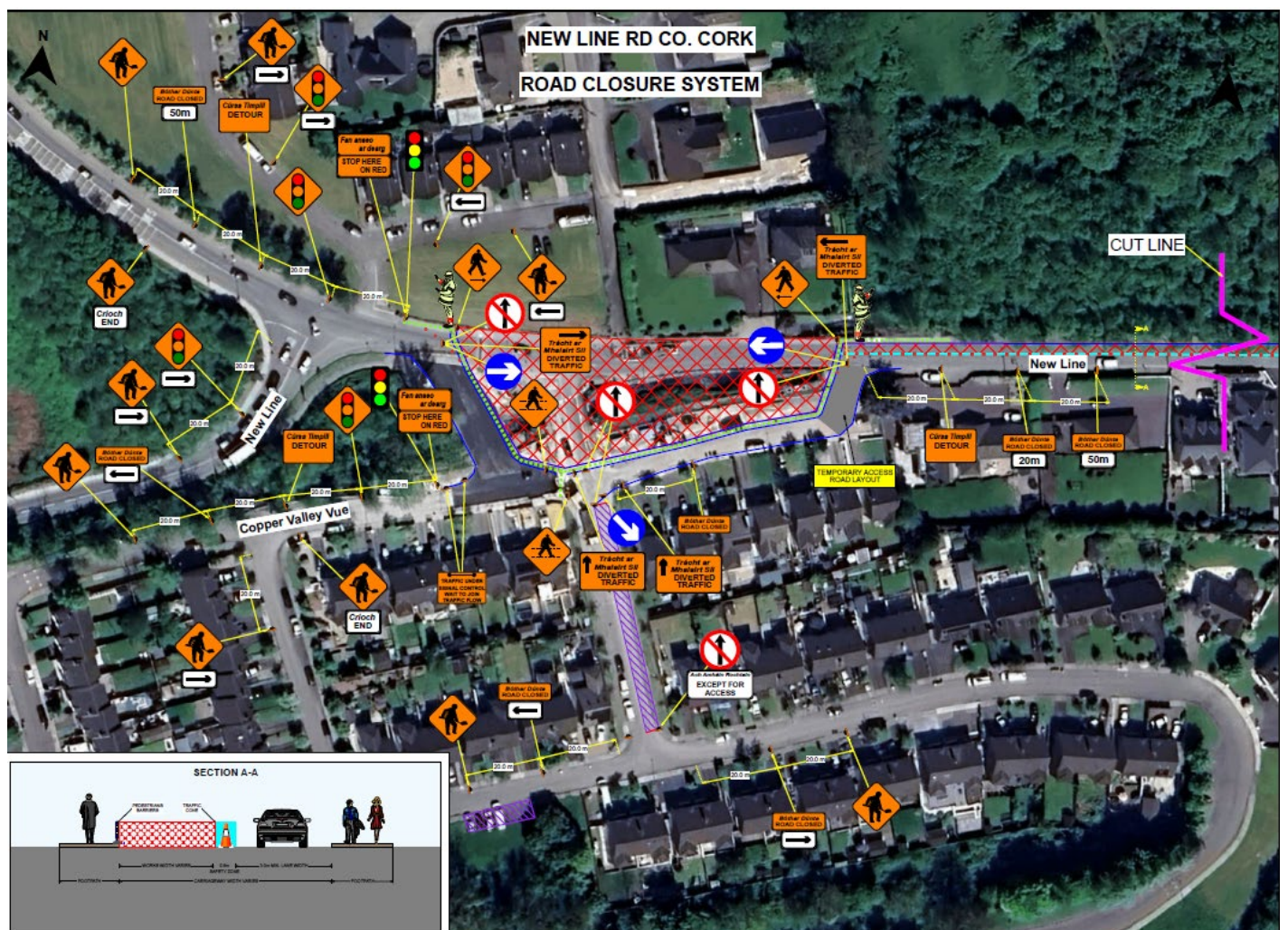
If you have any questions on the work being carried out by Sorensen, contact me directly on **086 032 6171**.

This information is subject to change, and I will update you again if there are any changes for the coming month.

On behalf of the entire Sorensen team, I would like to thank residents, businesses, pedestrians and motorists for their continued patience, support, and cooperation.

If you would like to be kept informed, we would encourage you to sign up to our FREE Text Alert service. You can do this by sending : GFRS to 50015.

If you would like to join a Facebook group to receive GFRS work updates, please click the below link, and hit the Join Group button: <https://www.facebook.com/share/S1ZNir1EDfV3147a/>



Cllr. Ken O'Flynn PC.

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Glanmire Macra



Glanmire Macra 70th Anniversary Ball

Glanmire Macra have been busy recently, with great performances in competitions last month and November promises to be equally busy too. As we look forward to more competitions and our annual Christmas table quiz and a new members event.

But of course the biggest event recently was Glanmire Macras 70th anniversary Ball. On the 28th of September in the Rochestown Park Hotel. It was a brilliant night, with a lovely dinner, a raffle filled with excellent prizes and great entertainment afterwards. It was great to see people from all generations there, that have participated in Glanmire Macra throughout our 70 year history there having a good time, and here's to another 70 years!

October was a busy month for competitions, which started with the "Know your Ag" quiz. Where our knowledge of cows, sheep and tractors were tested, and we are now looking forward to taking part in the

national final! Glanmire also had great results in stock Judging, with Kevin Smiddy winning Senior beef stock judging in October! He will now be progressing to the national final with Nicole Hyland who will be competing in sheep stock judging. Nicole also did brilliantly at the Impromptu Public speaking round coming second.

October also saw us compete in the regional round of bowling. Everyone had a great time at our practice session and put in Great effort at the competition, but we unfortunately missed out on progressing to the next round. Hopefully we will be bringing you more good news on competitions next month!

For anyone interested in joining Glanmire Macra, you are always welcome to reach out to us on our social media channels or at glanmiremacra@gmail.com. But we will also be hosting an event for new members this month. This will be a great opportunity to see what



Kevin Smiddy winning the Senior Beef Stock Judging Competition.



Regional Bowling Competition.

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Macra offers. Keep an eye on our social media channels for updates on this.

Keep an eye on our social media channels for updates on our annual Christmas table quiz too. To be in with a chance to win some great prizes!

Don't forget our social sports night is in Little Island Sports Complex every Wednesday from 7.30-9pm also. We play a mix of basketball, volleyball, soccer and a range of other sports and everyone is welcome. Entry is €5, but your first night is free.

Glanmire Library

Scary Puzzle Afternoon

Glanmire
Children's
Library

For some trick or treat fun, why not make a visit to Glanmire Library for our spooky puzzle afternoon this Halloween

Thursday 31 October from 3 p.m. onwards. All are welcome

Be there. . . if you dare!!!

Every Saturday at Glanmire Library kids have their own hour of fun.

Kids Hour at Glanmire Library



Between **11.30am - 12.30pm** kids have the choice of learning or playing **Chess** with our expert chess player (recommended age 10+)

Kids also have the choice to free play with **Legó** with both pieces for toddlers and older kids.

Both events are **free** and no booking required



Interested in Computers? Books? Music? Or have a cool idea for a club to run this year? Let us know!

Find us on
Facebook



glanmire_library@corkcity.ie

LIBRARIES
LEABHARLANNA

CORK CITY COUNCIL | COMHAIRLE CATHRACH CHORC

QUIZ NIGHT

Date for your diary:

Table Quiz in aid of Marymount in November in the Boothouse Bar

Tables of 4, €40 per table

Contact Brian on 0879421649

(Date not available at time of print)

UPPER GLANMIRE

BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE COMMUNITY HALL

JACKPOT EVERY THURSDAY

LIGHT REFRESHMENTS SERVED



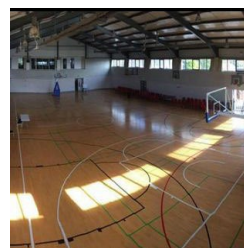
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6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940

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NOV 10/17/24 10:30AM - 1:30PM
DEC 8TH 10:30AM - 3:30PM

GIFTS | MUSIC | CRAFTS

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Candy Treats



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Earrings & Pins



Bunting, Bags & more



Cushions & Bags



Floral Planters



Usborne Books



Body & Room Scents



The Story Of † Angela Keohane †

Here is a little introduction to my project ;)

Hi my name is Dean Horgan. I go to Glanmire Community College, I'm in First Year in Rang Roisín



and I've done a history project on my great grandmother. I've done this project to find out more about her. She was an amazing lady and has a great story. She was born in

Bessborough and adopted 11 days later, when she was 57 she went back to school and completed her junior cert at 60. She also used to knit aran jumpers for Blarney Woollen Mills.

She found her biological brother in 1946!! Her worst fear was to die alone as she came into this world alone. But I'm getting ahead of myself, read the project and see for yourself!





Glounthaune Indoor Bowls Club

The club members are back in pre season training and we welcome our new members. The club has 2 teams entered in the leagues which commence with the division five team playing on the 22nd October away to Midleton. The division one team begin their league on the 23rd away to Wilton.

The club has members playing in the Cork open singles on Saturday the 19th October, Tony O Shea, Terry O Keeffe and Andrew Casey progressed after all three winning their opening two games.

On Sunday the 20th, two teams competed in the Cork Open fours. Joe Kirby, Tony O Shea, Liam O Connell and Marian Canning progressed to the later stages with comfortable wins over Blackrock and Youghal.

Terry O Keeffe, Rory Canning, Andrew Casey and Jerry Mc Carthy also won both of their opening games Ballynoe and Mallow.

Div 5 team to play Midleton: Ted McCarthy, Pat O Byrne, Rose Geary, Deady Twomey, Phil Crowe, Marie Crowe, Marian Mc Carthy, Peter Williams.

Div 1 team to play Wilton: Rory Canning, Marian Canning, Liam O Connel, Andrew Casey, Terry O Keeffe, Tony O Shea, Jerry Mc Carthy, Joe Kirby.

Some club members enjoyed a mid week indoor bowls break in Adare Manor. Bowls competition, music and dance made the break great fun and Phil Crowe was a prize winner.

Practice nights continue on Monday's and Thursday's from 8-10pm

New members are welcome to free trial nights where coaching will be provided. For further information contact the following.

Marian Canning
0879006471

Joe Kirby
0879795005



Glanmire Ladies Basketball Club

This year our club celebrates 40 years on the go. Preparations are underway to mark this occasion and the club will be having a night of celebration on 16 November 2024 in The Castle Glanmire. On this date we hope that past and present club members, players, coaches, parents and supporters will all join together to share memories and stories of their time with the club. For anyone who would like to join tickets are available at <https://www.eventbrite.ie/e/glanmire-basketball-club-40-year-celebraion-at-the-castle-glanmire-tickets-1038778353017?aff=oddtctrea>.

Season 24/25 has kicked off and it has been a very busy one so far with teams from all age groups starting off there league games and also participating in tournaments. Our Premier team kicked off there season in the Intermediate cup with a fantastic win against Moycullen finishing in a score of 58-18, looking forward to round 2.

We were also delighted to host a team from Wexford for a game with our U18B team and everyone enjoyed the day.



In addition to that we have had girls from u14 u15 and u17 completing trials and being selected for Basketball Ireland Training Academies. 5 of our u15 players travelled to University of Limerick to participate in the BIPPS representing their school, club and their county- we are so proud of all of you.



Mothers & Others Social Basketball Glanmire will be holding The Siobhan O'Brien 3v3 Basketball Charity Blitz on the 24th of November in Upper Glanmire Sports Hall. This will be the 4th year running this fun and inclusive basketball blitz in memory of our teammate Siobhan.

This year we will be raising money in aid of Cork Penny Dinners.

If you would like more information or would like to take part, just come along on the day or text Orla on 087 779 4909.

All are welcome to take part, young and old. All levels are welcome.

Come as a team or on your own and we will put you in a team. Volunteers on the day are also welcome to come along and help out.

All donations are gratefully accepted. See our Facebook page for details on how to donate.

THE SIOBHAN O'BRIEN
Fun 3v3 Charity Blitz
BASKETBALL



Intergenerational Team of 4 players
 One over 50, one over 40, one over 30 & one over 16

UPPER GLANMIRE COMMUNITY SPORTS HALL	November 24th	SUNDAY 3.00-5.00
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 Team of 4 = €50 Individual Players = €15 Students = €10
ALL MONEY RAISED GOES TO CORK PENNY DINNERS

Winners & Runners Up 2023



Winners & Runners Up 2022



Winners & Runners Up 2021





Erin's Own Ladies Club



Club Activity

The U6s played in a mini camogie blitz, great fun was had by all girls. Both the U6s & U8s enjoyed a trip to Fota Adventure Centre while the U11 Camogie team travelled to Tipperary playing 2 games v Cashel King Cormacs and afterwards stopped off at the Rock of Cashel and the Mitchelstown Caves. Fantastic days out was had by all. Thanks to their coaches for organising these trips.

Camogie

The U9s & U10s played a blitz taking on Rathcormac, Aghabullogue, Bride Rovers and Lisgoold. They also competed in a blitz v Watergrasshill and Castlelyons, while the U11s had a great game v St Vincents. Hard luck to our Junior Camogie team on losing out to Bishopstown in the Junior A County Final.

Football

The U9/U10s played matches v Bride Rovers and Cobh. Well done to our U13 team who competed in the Winter Football League captained by Emma Wallis winning the semi final v Bride Rovers. Hard luck to the U16s who lost out to Rosscarbery in the County semi final by 2 points. Our Junior footballers are through to a County final v Nemo after beating Tadgh MacCartaigh in the County Semi final. Best of luck to all involved.



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Erin's Own Ladies Club Page Sponsor



White's Cross GAA News

Playing Matters

Our Junior A hurling team played the quarter final of the City Division Junior A championship against Whitechurch Sunday 6th of October. It was a case of 'take-three' as the game had been twice postponed due to Orange wind and rain warnings. White's Cross made a very positive start and lead at half time. A swirling wind seemed to negate it's advantage (which we had in the first half) as free-taking proved difficult. We had a total of 8 wides in that half and we also narrowly missed the only two goal chances in the opening 30 - both efforts were inches outside the post. Had either of these gone in we would have had a greater lead at the interval. As it happens, we had a three-point advantage. Whitechurch narrowed that to two immediately after half-time. Harry Coughlan replied with a superb point from play to maintain the gap between the sides a minute later. Unfortunately, this was the only score we got in this half. Ultimately, this proved costly. Despite our failure to score, our players gave everything. There was only one point in it with 5 minutes to go. Whitechurch did score a goal in added-time to put gloss on the win. To their credit, they were more efficient in taking their scores. They deserved their win on this basis. The 1-15 to 0-12 winning margin seems harsh on our lads though. However, it is immaterial now. To a man, each White's Cross player gave it their all. Our more experience players continue to provide incredible leadership while our younger players have really stepped up. We have shown we are more than capable of competing with the best teams in the division. 2024 is over now for the team and for its dedicated management team of John Desmond, Kevin Buckley, Pat Reid and Dominic Cahill. We look forward to 2025.

On a more upbeat note, our Junior C Football team have qualified for the club's first championship final since 2017 and a first championship for White's Cross second team since 2006. Following on from a massive win over Rathpeacon in the first round, our Junior C football team took on Bishopstown in the quarter final. Though we had lost some key players from the first round (they played with A team in the interim), we had another 18 point victory. The side then played a semi-final against Rochestown on the 18th of October under lights in Douglas. The panel had lost another few players through injury for this one and would not have been as

confident as in previous games. However, those that were available on the night showed great character to win on a 4-06 to 0-09 scoreline. Though the winning margin looks comfortable, two of our goals came late and this is was a real battle against a very decent Rochestown side. The final was due to be played on Monday 28th of October versus Lough Rovers. Hopefully, in next month's article we will have some championship success to report on!

County Champions!

Pride of place in White's Cross this month goes to our victorious girls under 14 football team. On Friday 4th of October, they beat Lisgoold 6-10 to 2-04 in the County Final; thereby securing White's Cross first ever ladies county football title. Despite the scoreline, this was no stroll in the park. Lisgoold are formidable opponents having beaten us in the 2023 East Cork under 13 league final. Indeed the concession of an early goal and a point meant a repeat victory for the Lisgoold girls was on the cards. Panic is not something this bunch of White's Cross girls was going to entertain, however. They soon settled. Maria Hayes and Ciara O'Callaghan got points. Then an early turning point; and a pivotal moment in the game. A foul on Lola Ramsell. A penalty awarded. Sophie Erangey calmly slotted home. White's Cross were now in the lead; one that they would not relinquish. Further goals from Reine Butler and Maria Hayes ensured that White's Cross lead 3-05 to 1-02 at the break. White's Cross were relentless in the second half and doubled their score. Maria Hayes and Sophie Erangey both netted again to ensure they would finish with two goals each to their name while Maria Cotter got the other and ended up with an impressive personal tally of 1-03 on the night. As the final whistle sounded, the joy and delight witnessed by all at the venue was a sight to behold. This win was the culmination of hard work and hard-won games over the year by everyone on the panel, where every girl played a role and each complimenting each other. Special mention to both Emer Kiely and Abi Cotter who were unavailable through injury but cheered on the girls from the sideline

Underage Round-up

Our under 12 football team played in a final of their football league against Carrigaline on 6th of September. This side has been very impressive all season. In order to qualify for

this final, they had seen-off the best of Nemo Rangers, Bishopstown, Crosshaven, Killeagh, Catherines, Glanmire and others. They had been unbeaten in 2024 and would have fancied their chances even if it was against a club the size of Carrigaline. On the day, we had plenty of chances to win this game. Our opponents were more efficient and when they netted two goals at the start of the second period, we were chasing the game. Perhaps we forced the game a little too much (in going for goals too early) and perhaps our opponents were that little bit cuter in ensuring they won the game. These are all learnings for us. It may be hackneyed or clichéd to say you have to 'win one to lose one' given the amount of games that we have won all year. However, now that defeat is our lot and if the team continues to compete in Premier competitions against the best teams in the county, this team will continue to develop and the disappointment of today will be forgotten tomorrow. The under 16 hurlers played a final against Nemo Rangers on the Bishopstown 4G pitch. They were well beaten in the end. However, the game was close until the last ten minutes when the Capwell side scored three goals to ensure the victory for their side.

Our under 18 footballers played Macroom under lights at Pairc Uí Chaoimh 4G in their County Championship Semi-Final. Our lads tore into their opponents and were 1-02 to 0-00 up within 5 minutes. The Mid-Cork side settled, however, and narrowed the gap to produce a cracking game. The efficiency of the Colmcilles forwards ensured that we lead at the break by a point. Macroom are a fine side though and they largely controlled the second period and their ability to kick points from distance was key. Our full-back line defended the scoring zone well throughout but our opponents were still able to find the key scores. We did have some goal chances and we could have taken the spoils and we certainly played our part in a fine game of football. However, it was the Muskerry side that took the spoils on the night. We have no complaints. This side has now come to an end as a group. They have done extremely well over the last 5 years. They have won plenty and given great entertainment. Thankfully most have already joined their respective junior teams and hopefully they will all stay involved in sport for many years to come.



Community Games September Update

September was a busy month in the Glanmire community games calendar. We had children participating in the Cairns Community Games All-Ireland finals of the Art, handwriting and Drama competitions in Carlow on the 7th and 8th September.

Glanmire artists Yliza Magabilin, Faye Mohally, Aisling Lynch represented Cork in the art competition and Rachel Flynn and Rachel Manley from Glanmire represented Cork in the handwriting competition.

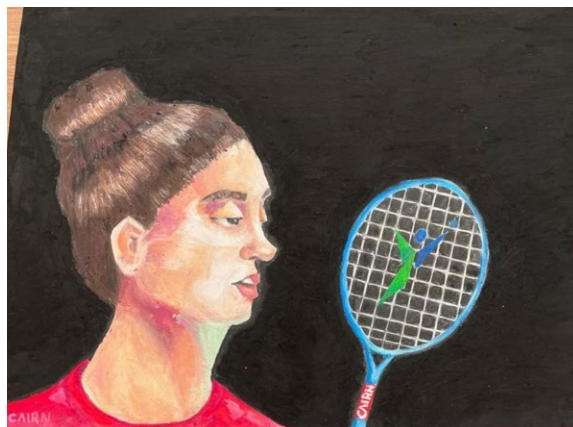
We are bursting with pride as our U12 Comedy Drama group took home the gold at the Cairn Community Games Art & Cultural national finals earlier this month!

A huge congratulations to Caoimhe, Kayla Byrne, Éinin Comerford and Tom for their incredible performance, you've made Glanmire so proud!

A special thanks to their leader, Julie Dennehy, for her dedication and guidance.

We also had the very talented Melanie O'Keeffe representing Glanmire Community Games with a most beautiful rendition on her Harp on stage at Nationals Carlow.

Here are a selection of photographs from the events



Art piece by Aisling Mohally



A busy summer for GCC students Toby Tangney and Nathan Manley



Two GCC Pupils: Nathan Manley and Toby Tangney, spent their summer designing and building at a startup accelerator hub in Dublin.

They were part of a prestigious Patch cohort having gotten through a competitive application process with a total of 500 applications and only the top 36 from around Europe getting in.

They attended the program in-person, spending the 7 weeks;

- choosing their co-founders, then going through ideation to find an idea.
- working with an array of mentors from Stripe, OpenAI and various other tech companies,
- reaching out to experts for guidance ranging from compliance to media and marketing whilst making connections with people specific to the industry they were targeting,
- developing an MVP of their product,
- finally, they presented their startup to an impressive group of founders and influential individuals.

Both Toby and Nathan are going to continue developing their startups and are excited to see where they will end up. Toby developed **VexraWealth.com**. Nathan developed **gymificent.com**.

GCC's Gaelhratach



GCC will be part of the Gaelhratach scheme this year to promote Irish in the school.

D'fhreastal Tyler, Conor, Ciara agus Ms. Clare-Sweetnam ar cheardlann in Ostán Baile an Róistigh an tseachtain seo chaite chun tús a chur ar an nGaelhratach. Spreagann Gaelhratach úsáid na Gaeilge agus cuirfidh sé le híomhá dhearfach na Gaeilge sa scoil.

Hub outing to Smuggler's Cove

Hub students had their first social outing of the school year. They enjoyed several heart-stopping, high energy activities on Thursday 12th in Smuggler's Cove. They



sped down the Tubing runs, bounced through the Rebel Rampage and practiced their golf skills on the Crazy Golf course. They finished off the day's action with well deserved Pizza and soft drinks.

TY Community Link



Our first visit by the TY Community Link Team to 10am mass followed by meeting with the Glanmire Active Retirement group. We had lovely chats, getting to know each other while being entertained by the local musicians. We had a great time and looking forward to our next visit.

GCC Parents Council



GCC Parents made a presentation to our secretary Miranda Horgan who attended her last GCC Parents Council meeting on Monday 7th October. Our sincere thanks to Miranda for her commitment to GCC and her active interest in the school. Also included are (far left) Tricia Cronin (Treasurer), Ronan McCarthy (Principal) and (far right) Caroline Byrne (Chairperson).

GCC Junior Certificate results 2024



We would like to congratulate all our students on their achievements in the 2024 Junior Certificate. The results mark a significant milestone in these students' educational journey through GCC. We would like to acknowledge all their hard work, dedication and commitment. We also want to acknowledge the invaluable role played by our teachers, SNA's and

support staff. Students rely on their guidance, knowledge and constant support over the 3 year programme. We also recognise the crucial support and encouragement provided by parents and guardians. We look forward to supporting these students into Senior Cycle and ensuring they continue to achieve to their maximum at an individual level.



GCC Lord Mayor's Annual Visit

We had the pleasure of welcoming Mayor of Cork Councillor Dan Boyle to GCC on Thursday 10th October. The Lord Mayor was entertained by our GCC musicians, student group Rhubarb and singer Michael O Callaghan under the direction of Ann Manix. Councillor Dan Boyle then addressed our 1st Year students and gave them the opportunity to ask questions. Rian Leahy and Owen Williams presented the Lord Mayor with a bespoke wood piece created by students showcasing our state-of-the-art laser cutter under the supervision of teacher Kevin Crowley. Rian and Owen had the honour of meeting Councillor Dan Boyle at a reception held in the City Hall before they departed for Shanghai in July for the International Sister Cities Youth camp in conjunction with Cork ETB and the Cork City Council. The morning concluded with the Lord Mayor taking to our grand piano and treating the community to a wonderful rendition of John Lennon's Imagine.



Win for GCC Senior Boys Football

On Friday the 11th of October our senior footballers travelled to Macroom to play Boherbue CS in the 1st round of the Cork PPS competition. We trailed by 7 points to 4 at half time after a closely contested first half. The team made a few uncharacteristic errors in the first half and did well to be just 3 down at half time. We emerged a changed team in the 2nd half, completely dominating the second half, winning 1-12 to 0-9 in the end.

The team was led by captain Callum Austin who kicked 5 points from play from midfield. Other notable performers were Harry Cogan, Cathal Quirke, Harry Browne, Jack Austin, and substitute Darragh Barrett. With 6 u17 players making their Senior debut, it was a great performance. We now look forward to the rest of our Cork campaign, as well as the start of the Munster competition.

Getting Published

People often ask how they might go about publishing their book. Where to start? If it's a long road? What options are available? What does it take to get their novel onto bookshelves and online?

There are a lot of writers out there – particularly in Ireland, as we are a nation of writers – and there's a breadth of talent and creativity. Many writers are happy to work away, quietly without sharing their stories. Others are happy to share their work among family and friends or in their writing groups. But many more would love the opportunity to have their work read more widely among the public and available in retail stores, libraries and online.

Most of the time it's not about the money. Which is good, because there is no money in writing unless you hit the bigtime and your books are consistent best sellers. There is some research available that says the average income for a writer is about €7000. So don't think you can automatically give up the day job. No, what most people want from publication is the satisfaction of seeing their creative work dropping into the hands of appreciate readers. Writing a book is a lot of hard graft, over a long time. It takes focus, dedication, time, patience and determination but it is a wonderful achievement. Imagine this – only 3% of writers who get started on their book actually complete it.

So, assume, you've written your book. You've spent time re-reading, editing, re-editing, re-reading until you are confident that it's the absolute best that you can deliver. You've gotten some feedback from other writers, friends, even a professional editor – feedback you have evaluated and taken on board. You can do no more. You know you have a good story, well told. You know the type of reader you are aiming at. Now what?

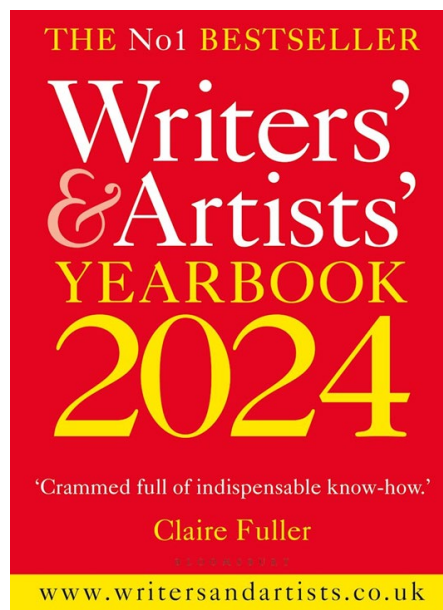
There are broadly speaking two routes to publishing your book. (I'll cover publishing short stories and articles in a future column.)

The first route is the traditional publishing route – what most would-be novelists aspire to. And here's how it works.

1. You need to find a literary agent. Most publishers, especially the big ones – HarperCollins, Simon & Schuster, Hachette, Penguin Random House do not accept direct submissions.



You must source an agent who will take you on, on a commission basis, and who will bring your book (because they love it and believe in it) to publishers. They will negotiate the contract, advise on further editing and guide you through the process. Getting an agent is tricky. And here's why: they receive hundreds, sometimes thousands of submissions every year. The competition for their attention is fierce so your submission needs to stand out for them, if they are even to consider reading your work.



2. Buy or borrow, The Writers' and Artists' Yearbook – it comes out every year and is the bible for would-be authors. The book lists all the literary agents across the UK, the USA and Ireland and has invaluable articles, tips and ideas on how to go about your submission. It's available in all

good bookstores. Research carefully which agents best suit your book genre (they all have websites detailing what they are looking for). Send your email to your preferred agent with a cover letter, a synopsis of your book and the first three chapters. And then you wait. It's a good idea to send more than one submission – maybe send to five or six literary agents for starters. If they're very interested, they will get back to you – and if not, you may be waiting months to get a response. So, remember, patience is a virtue, as is persistence.

3. Small publishers like Mercier Press, Lilliput Press and O'Brien's Press here in Ireland and many others across the UK, do accept direct submissions from authors. Make sure to read their guidelines on their website in advance.

The advantages of traditional publishing are that your literary agent takes control and guides you in terms of the contract, the book cover design, any re-editing required. The publisher handles the printing and distribution and some marketing – though the author is still expected to market themselves and run their social media campaigns and book signing events.

The big advantage is there are no up-front costs for the author.

The disadvantages are that the author has less editorial control and the agent, the publisher, the distributor and the retailer must all get paid from book sales. So, your net profit on each book could be as little as one euro.

The other route to publishing is to go the Indie or Self-Publishing path and I'll talk about that in a future column.

Happy Writing
Eleanor

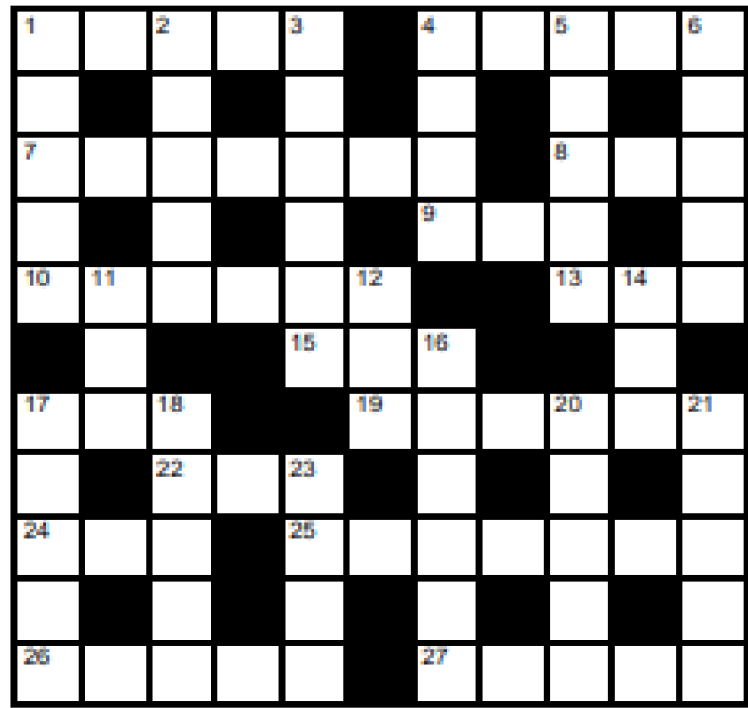
eleanorokellylynch@gmail.com

Eleanor O'Kelly-Lynch is an author, living in Glanmire. Her novels, 'The Girl with Special Knees' and 'The Girl with Stars in Her Eyes' are available in Silver Bow, Glanmire, Middleton Books, Fermoy Books, Easons, Mahon Point, Vibes and Scribes, on www.eleanorokellylynch.ie, Amazon, Kindle and buythebook.ie



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Crossword Puzzle



Across

1. Sharp-tasting (5)
4. Renowned for household appliances (5)
7. Treat as a celebrity (3)
8. Toward the stern (3)
9. Play on words (3)
10. Representation or support of someone (6)
13. Swindle or cheat (3)
15. Before, poetically (3)
17. Take unlawfully (3)
19. Capital of Canada (6)
22. Consume food (3)
24. Increase engine speed (3)
25. Irritated or bothered (7)
26. Light purple shade (5)
27. Common yellow-brown spice (5)

Down

1. Improvise on the spot (2-3)
2. Distinct period of time (5)
3. Headgear for controlling a horse (6)
4. Short, sharp sound (4)
5. Informal language (5)
6. Agitated or excited (3,2)
11. Sense of self-worth (3)
12. To and from (3)
14. Twist off course (3)
16. Relating to cultural heritage (6)
17. Pertaining to the countryside (5)
18. Angled edge (5)
20. Intensely deep chasm (5)
21. Supplementary item (3-2)
23. Soothing mineral powder (4)

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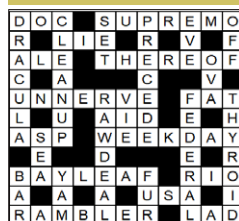
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October Crossword Winner: **Robin Howie, Cobh, Co. Cork.**



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